ASSIGNMENT 1

Textbook Assignment: "Sanitation," chapter 1, pages 1-1 through 1-23.

1-1. Which of the following new problems in the prevention of foodborne illness have new types of warfare presented?

1. Protection of food supplies from bacterial agents used as weapons
2. Decontamination of foods subjected to nuclear fallout
3. Decontamination of food supplies affected by chemical warfare agents
4. Each of the above

IN ANSWERING QUESTIONS 1-2 THROUGH 1-5, SELECT THE CLASSIFICATION OF FOODBORNE ILLNESS THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

1-2. In this type of foodborne illness, the food in its natural state contains elements poisonous to humans.

1. Chemical food poisoning
2. Food infection
3. Natural food poisoning
4. Food intoxication

1-3. Serving lemonade that has stood in metal-plated pitchers for several hours.

1. Chemical food poisoning
2. Food infection
3. Natural food poisoning
4. Food intoxication

1-4. This type of illness is caused by poisonous toxins.

1. Chemical food poisoning
2. Food infection
3. Natural food poisoning
4. Food intoxication

1-5. This type of food illness is caused by microorganisms such as salmonella.

1. Chemical food poisoning
2. Food infection
3. Natural food poisoning
4. Food intoxication

1-6. When you are using unfamiliar foods, which of the following statements is the rule that applies?

1. Prepare according to the instructions that accompany the food item
2. Cook the food to the well-done state
3. Use a local recipe approved by the food service officer
4. Use food only if the medical officer gives approval

1-7. After silverware has been detarnished, which of the following chemical poisonings may result if improperly washed and sanitized?

1. Cyanide poisoning
2. Zinc poisoning
3. Lead and arsenic poisoning
4. Fluoride poisoning

1-8. Which of the following chemical poisonings may result from eating improperly washed raw fruits or vegetables?

1. Fluoride poisoning
2. Lead poisoning
3. Methyl chloride poisoning
4. Zinc poisoning

1-9. Most food poisoning is caused by bacteria called staphylococcus. This bacteria is found in which of the following areas?

1. Pimples only
2. Pimples and nasal discharge only
3. Pimples, nasal discharge, and throat
4. Nasal discharge and infected cuts

IN ANSWERING QUESTIONS 1-10 THROUGH 1-13, SELECT THE ILLNESS THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

1-10. May be present in improperly preserved canned food.

1. Trichinosis
2. Bacillus dysentery
3. Botulism
4. Salmonellosis

1-11. The main source of this infection is personnel who do not wash their hands after leaving the head.

1. Amoebic dysentery
2. Bacillus dysentery
3. Botulism
4. Salmonellosis

1-12. Some fresh fruits or vegetables served chilled and moist may carry this infection.

1. Amoebic dysentery
2. Bacillus dysentery
3. Botulism
4. Salmonellosis

1-13. Most likely to occur from serving rare pork.

1. Amoebic dysentery
2. Bacillus dysentery
3. Trichinosis
4. Salmonellosis

1-14. The greatest majority of food infection outbreaks is caused by what meat?

1. Turkey
2. Beef
3. Ham
4. Lamb

1-15. You can best prevent a case of beef tapeworm infection from occurring in prepared beef products by following what procedure?

1. Cook the beef until well-done
2. Pickle the beef in a 25-percent salt solution for 5 days
3. Freeze the beef at 14°F or below for at least 5 days
4. Use only government–inspected beef

1–16. Bacteria is classified in which of the following manners?

1. By the damage they cause
2. By the symptoms they produce
3. By the number of times they multiply
4. By their shape

1-17. Under favorable conditions, how many bacteria will be produced by one bacterium in a 2-hour period?

1. 12
2. 18
3. 36
4. 64

1-18. Boiling will kill all bacteria and their toxins once they are allowed to form.

1. True
2. False

1-19. What temperature range will kill bacteria in the shortest time?

1. 0°F and below
2. 40°F to 140°F
3. 175°F to 180°F
4. 212°F and up

1-20. Which of the following carriers of bacteria is/are most likely to transmit disease to food?

1. Flies
2. Rodents
3. Soil
4. Foodservice personnel

1-21. You must first receive a personal medical examination and sanitation training before you are permitted to work in food preparation areas.

1. True
2. False

1–22. In addition to the required physical examination, all personnel must be tested for which of the following diseases?

1. Tuberculosis
2. Hepatitis
3. Typhoid fever
4. Shigellosis

1-23. All foodservice personnel must repeat medical tests when away from work for what minimum number of days?

1. 30
2. 45
3. 60
4. 75

1-24. In cases where environmental health officers or preventive medicine technicians are not available to perform the initial sanitation training, who may conduct the training?

1. An MS3
2. Any corpsman
3. Food service officer
4. Any qualified foodservice sanitation instructor

1-25. When you are working in food preparation areas, you should change clothing and aprons at which of the following times?

1. At the end of the meal being prepared
2. At the end of the day
3 When returning from the restroom
4. As soon as clothing or apron gets soiled

1-26. The use of tobacco while preparing or serving food is prohibited for which of the following reasons?

1. Smoking contaminates the fingers and hands with saliva
2. Smoking promotes spitting and coughing
3. Smoking is a means of transmitting disease organisms to food
4. Each of the above

1–27. Which of the following offices or officials imposes public health ordinances and regulations on the military?

1. Surgeon General
2. The U.S. Department of Agriculture
3. The Bureau of Medicine and Surgery
4. The National Sanitation Foundation

1–28. The majority of foodborne disease outbreaks are due to what total number of different factors?

1. Six
2. Seven
3. Three
4. Four

1-29. Which of the following types of food should never be saved as leftovers?

1. Meats that are cut or sliced
2. Unopened individual serving containers
3. Ground or chopped foods
4. Cooked pork products

1-30. The meat–cutting room should be maintained at what specific temperature?

1. 40°F
2. 50°F
3. 60°F
4. 70°F

1–31. After what specific number of hours should protein foods that have been held at temperatures between 40°F and 140°F be considered unsafe for consumption?

1. 5
2. 2
3. 3
4. 4

1–32. An MS keeps a leftover roast of beef on a table for 45 minutes one afternoon while cleaning the refrigerator. The MS has it out for another half hour the next day to prepare sandwiches. Exactly how much longer may the roast beef be safely kept out of the refrigerator?

1. 1 hours and 45 minutes
2. 2 hours and 45 minutes
3. 3 hours and 45 minutes
4. 4 hours and 45 minutes

1–33. Which of the following statements concerning preparation of food is correct?

1. Hand preparation decreases the chance of contamination
2. Hand preparation increases the length of time that foods can be held as leftovers
3. Hand prepared protein foods can only be held as leftovers for 12 hours
4. Hand prepared protein foods should not be used as leftovers

1–34. For which of the following reasons should foods that are to be refrigerated be placed in shallow pans to a depth of not more than 3 inches?

1. To make sure the pan does not spill while in chilled storage
2. Because more than 3 inches will make the pan too heavy to carry
3. To allow the food to cool faster
4. Because 3 inches is the maximum allowable amount of food that you can save as leftovers

1–35. Leftover stew will be unsafe for use after being chilled and stored for what minimum number of hours?

1. 12
2. 24
3. 36
4. 48

1–36. For which of the following reasons will bacteria spread rapidly through frozen meat that has been thawed?

1. Freezing hardens the tissue
2. Freezing breaks down the tissue
3. Freezing strengthens the bacteria
4. Freezing dries out the tissue

1-37. Which of the following statements is correct concerning foods that are frozen and then thawed?

1. The food must be refrozen immediately
2. The food must be discarded
3. The food must be kept in covered containers at room temperature
4. The food must be stored under 40°F

1-38. Milk should be no more than what maximum temperature at the time of delivery?

1. 40°F
2. 44°F
3. 45°F
4. 50°F

1-39. Green vegetables suspected of being contaminated with pathogenic organisms should be treated in what manner?

1. Washed thoroughly under running water
2. Chemically sanitized and thoroughly rinsed
3. Broken apart and inspected for bugs
4. Cooked by boiling to kill any bacteria present

1–40. A can of molasses that bulges in tropical areas is a dangerous condition and the product should be rejected for this reason.

1. True
2. False

IN ANSWERING QUESTIONS 1-41 THROUGH 1-43, SELECT THE CAN DEFECT THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

1-41. Both ends of the can bulge outward because of bacterial action and gas production. Ends do not yield to finger pressure.

1. Flipper
2. Springer
3. Pinhole
4. Sweller

1-42. One end or both ends bulge outward because of bacterial action and gas. Ends yield to finger pressure.

1. Sweller
2. Pinhole
3. Springer
4. Flipper

1-43. Both ends of the can are flat, but one end will bulge outward when the opposite end receives pressure.

1. Flipper
2. Springer
3. Pinhole
4. Sweller

IN ANSWERING QUESTIONS 1-44 THROUGH 1-48, SELECT THE TYPE OF SOIL THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

1-44. The soil that remains immediately after the equipment or utensil has been used.

1. Daily deposit
2. Built-up deposit
3. Freshly deposited soil
4. Cooked deposit

1-45. The soil that remains as the result of ineffective cleaning following a flushing with water.

1. Baked deposit
2. Built-up deposit
3. Rinse deposit
4. Thin film

1-46. The result of repeated ineffective cleaning methods causing a day-by-day accumulation of soil.

1. Daily deposit
2. Built-up deposit
3. Freshly deposited soil
4. Thin film

1-47. An accumulation that results from drying action and formation of a heavy crusty deposit.

1. Baked deposit
2. Built-up deposit
3. Dried deposit
4. Heavy deposit

1-48. The result of being cooked onto equipment and having become difficult to remove.

1. Baked deposit
2. Built–up deposit
3. Cooked deposit
4. Dried deposit

1-49. All EXCEPT which of the following procedures should be followed when washing dishes and utensils?

1. Scrape food residue from all dinnerware
2. Use brushes that can be sanitized
3. Leave the dishes and utensils on the drainboard to air dry
4. Use hard abrasives to remove baked-on foods from pots and pans

IN ANSWERING QUESTION 1-50, REFER TO FIGURE 1–7.

1-50. What are the two methods of manual dishwashing?

1. The standard method and the preferred method
2. The best method and the acceptable method
3. The adopted method and the required method
4. The preferred method and the acceptable method

1-51. On spray-type dishwashing machines, water flow should not be less than how many pounds per square inch for the final rinse?

1. 10
2. 15
3. 25
4. 45

1-52. When you have a problem with insects or rodents, what is the first and most important pest control measure you should take?

1. Destroy breeding grounds
2. Set out insect and rodent traps
3. Notify the medical department
4. Install screens and seal unnecessary openings

1-53. Which of the following foodservice general cleaning methods yields the best results?

1. Clean for 2 hours at the end of each day
2. Clean up your mess as you work
3. Field day once per week
4. Field day twice per week

1-54. Radiological defense includes all such measures used to minimize personnel and material damage from radioactivity. The basic responsibility for this function belongs to what person?

1. Executive officer
2. Damage control officer
3. Food service officer
4. Medical officer

1–55. What type of radiation is considered to be the most hazardous?

1. Alpha
2. Beta
3. Gamma
4. Neutron

1-56. Beta particles have poor penetrating ability but their ionizing power is about 100 times that of gamma rays.

1. True
2. False

1-57. When ingested with food, inhaled, or admitted into the body through cuts or open wounds, what specific type of radiation becomes particularly destructive if it is retained in the body for a lengthy time?

1. Neutron
2. Gamma
3. Beta
4. Alpha

1-58. Radioactivity can only be removed by using what process?

1. Chemical neutralization
2. Physical removal
3. Sterilization
4. Cooking

1-59. Contaminated food items should be monitored in their dry states because dilution with water yields what result?

1. Lowers the beta readings
2. Raises the alpha readings
3. Damages the radiac instruments
4. Provides additional contamination

1-60. The method of gross decontamination is limited to removing radioactive material from which of the following sources?

1. Food contact surfaces
2. The galley deck
3. Galley personnel
4. Canned food items

1-61. In what case, if any, may you use water already contaminated by radioactivity in the process of decontamination?

1. It can be used only to wash decks
2. It can be used for all gross decontamination procedures
3. It can be used to wash surfaces more heavily contaminated than the water
4. None; it cannot be used for any decontamination purposes

1-62. Which of the following cleaning solutions may you use in radiological decontamination if you do not have a cleaning agent specifically designed for decontaminating galley surfaces?

1. Citric acid, trisodium phosphate, and hot water
2. General-purpose detergent, trisodium phosphate, and hot water
3. Chlorine bleach, general-purpose detergent, and hot water
4. Vinegar, general-purpose detergent, and hot water

1-63. In what order should the steps used in decontaminating spaces and equipment be performed?

1. Flush with water, scrub with alkaline detergents, rinse with water, and apply acid solution
2. Flush with water, scrub with alkaline detergents, apply acid solution, and rinse with water
3. Apply acid solution, rinse with water, scrub with alkaline detergents, and flush with water
4. Scrub with alkaline detergents, flush with water, apply acid solution, and rinse with water

1-64. Cracked and badly scratched glassware and plastic ware should be decontaminated in what manner, if any?

1. Machine washed, rinsed, dried, and each item monitored
2. Washed with a detergent followed by an acid treatment
3. Segregated to await natural decay of contamination
4. None; they should be disposed of immediately

1-65. What may be worn in the absence of regulation masks to prevent radioactive particles from gaining entry into the body by ingestion or inhalation?

1. Chemically treated layers of gauze covering the nose and mouth
2. A filter improvised from wet towels treated with an acid solution
3. An improvised face shield covered with aluminum foil to reflect radiation
4. A particulate air filtering respirator

1-66. In what manner should you identify an area that has been recontaminated?

1. Draw a chalk line around it
2. Cover it with canvas
3. Paint it purple
4. Rope it off

1-67. Weapons of biological agents differ from conventional weapons in that biological weapons act in which of the following ways?

1. Work only in hot climates
2. Do not work on ships
3. Are often targeted for small groups
4. Damage only plants, animals, and people

1–68. Which of the following statements pertaining to biological agents is NOT correct?

1. Biological agents destroy both living matter and inorganic matter
2. Good sanitary and hygienic practices do not defend against biological warfare
3. Sickness could be caused by contamination that occurred weeks before
4. Hardier organisms are present in higher levels of contamination

1-69. Because of the current difficulties in rapidly detecting biological agents, an incident of biological contamination may likely be detected in what way?

1. Use of radiation monitoring equipment
2. Knowledge of an impending biological assault
3. The occurrence of widespread or unusual sickness
4. The absence of plants and animals

1–70. What chemical solution should be used for biological decontamination?

1. Citric acid and water solution
2. Trisodium phosphate, general–purpose detergent, and water solution
3. Calcium hypochlorite (bleach) solutions
4. Lime solutions prepared by the medical department

1-71. Which of the following statements is NOT correct regarding secondary aerosols?

1. They may cause recontamination
2. They are clouds formed from particles (bacteria or other organisms)
3. They may be suppressed by wetting surfaces with oil or water
4. They do not recontaminate the air that is breathed

1-72. If available, what should you use for the biological decontamination of food packed in impermeable packages?

1. Sodium carbonate
2. Vinegar
3. Citric acid
4. Sodium phosphate

1-73. In an emergency when no regular water treatment facilities are available, which of the following methods should be used to render the water supply safe for drinking?

1. Adding ethylene oxide
2. Boiling the water for 20 minutes or longer
3. Adding laundry bleach
4. Filtering the water through wood ashes

1-74. Metal and china utensils that have been exposed to light liquid contamination should be immersed in actively boiling water containing an alkaline detergent for what specific number of minutes?

1. 5
2. 10
3. 20
4. 30